



NEW



GENERATION

**MAYNARD COUNCIL ON AGING
& SENIOR CENTER**

50 BROWN ST., MAYNARD, MA 01754
978-897-1009

JUNE 2022



Town Administrator's Message

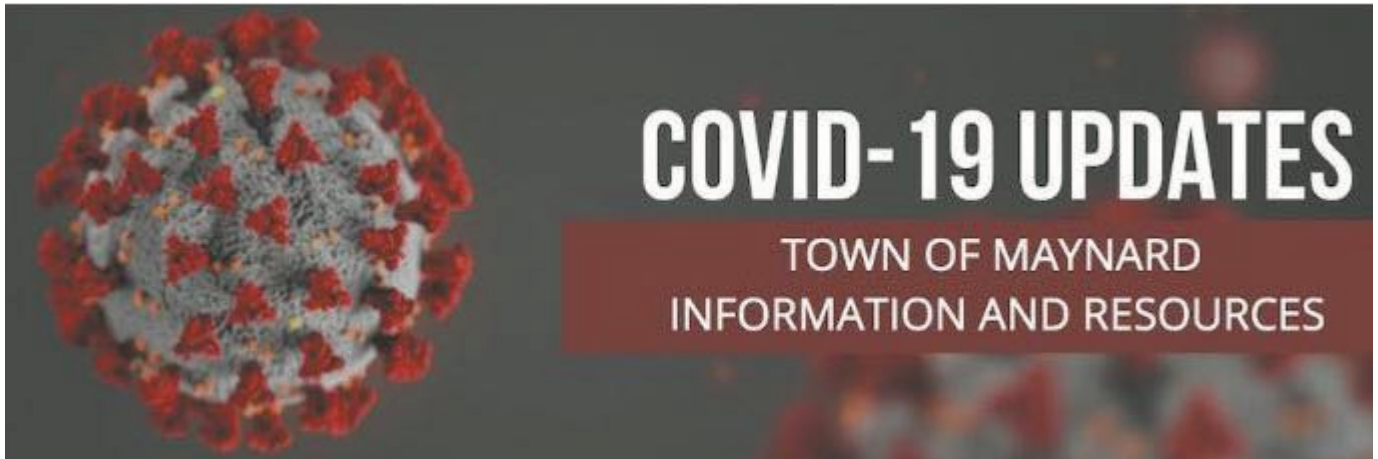
Maynard and our Bay State have come so far from the worst of the COVID-19 pandemic, but we're not out of the woods yet. As such, Town Moderator Dick Downey, in consultation with the town's Select Board and Board of Health, declared that Annual Town Meeting shall be held outdoors at 9:00 am on June 11, 2022 at the rear parking lot behind the Fowler School located at 3 Tiger Drive, Maynard. Please visit the Town Meeting webpage for more information. This date change was a difficult decision to make, as the month of June has so many activities already, including Maynard High School's graduation on June 10, 2022. Town Meeting is a decisive moment in Maynard's governing process, and I highly encourage voters to attend if able.

The Maynard Fire Department looks forward to moving its home as the construction of the new fire station on Sudbury Street progresses. Unfortunately, some critical aspects to be installed in the new facility are delayed within the world-wide supply chain, which may postpone occupancy until the Fall.

In other major capital projects news, after a number of public forums and community surveys, the town's Green Meadow School Building Committee selected a design for a new elementary school to be proposed to the Massachusetts School Building Authority (MSBA) for approval and substantial financial support. Please visit the project's website for more information.

Town offices will be closed on Monday, June 20, 2022 in observance of the Juneteenth holiday of June 19th.

For information on the town's COVID-19 status, please visit the town website and click the below image. This page highlights Town Hall updates, daily updates of positive COVID-10 cases in Maynard, Massachusetts response, resources for businesses, and health and safety practices. You can also find a link to subscribe to the town's newsletter.



Remember that I would include pictures of unique aspects of Maynard from time to time? Do you know where to find this month's?

**Sincerely,
Greg Johnson**

Town Administrator
gjohnson@townofmaynard.net



Spring is in the Air

I'm pleased to be able to introduce you to Newton Taylor, a new substitute van driver for the Council on Aging. Newton previously drove for the Sudbury COA and we're very happy to have him on board in Maynard. Newton's enthusiasm, kindness and commitment are already evident and appreciated by many. Welcome Newton!

Last month **Debbie McNulty and Cathy O'Rourke from Thyme in the Garden** got our hands dirty arranging a variety of plants, succulents, and butterflies. The photos on the cover illustrate an afternoon of creativity and fun – many thanks to Debbie and Cathy for brightening our day! **Grace Wilde** followed up her acrylic painting workshop (High School Senior Project) with a special exhibition of the seniors' artwork at the Sanctuary in Maynard. Music performances by Maynard High School students provided the backdrop to lively conversations, tasty refreshments and viewing of special talents. Speaking of creativity and special talent, **Diane Wasiuk's** green thumbs once again produced beautiful flower boxes at the COA.

In addition to delicious Grab-n-Go lunches, exciting movies, and classic comedies (with ice cream!) and a visit from **Assabet Regional Technical High School's tech savvy students** at the COA, this month's newsletter features an opportunity to join the Sudbury Senior Center's **Encore Casino trip** (see page 11 for more information).

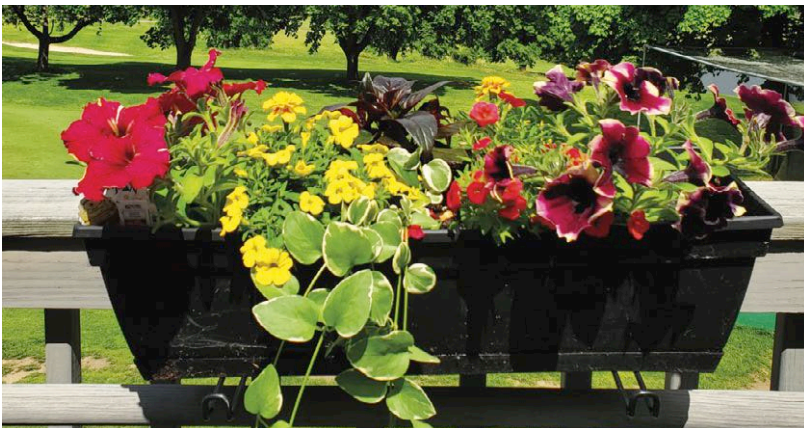
More special events this month include the start of the **Maynard Farmers Market** as well as the **Maynard Jazz Festival** on June 25. The Maynard Education Foundation invites you to the **Taste in Motion** on June 5 (See page 5 for all the details). The **Maynard Library's Spring Book Sale** is on June 18 – a great opportunity to stock up on summer reading!

Maynard is certainly the place to be!

Amy Loveless

Director

Maynard Council on Aging & Senior Center



COA Board Meeting
Tuesday, June 21 at 3:00 p.m. – Maynard Town Hall



Publication of the Council on Aging Newsletter is Supported by the Executive Office of Elder Affairs



6 Bridges Gallery

FINE ART AND CRAFT

Express Your Love Through Fine Craft

Our selection of fine craft by local artisans offers something for everyone:

- ☐ Moms
- ☐ Dads
- ☐ Grads
- ☐ Special occasions
- ☐ Jewelry
- ☐ Ceramics
- ☐ Greeting cards
- ☐ Fine art & photography
- ☐ Fine woodcraft
- ☐ Home / office decor
- ☐ Handcrafted soap
- ☐ Sculpture
- ☐ Decorative and wearable fiber arts

Gallery Hours

Wed. – Sat., 12 – 5:00 pm
77 Main Street, Maynard

Personal Shopping

Tuesdays via FaceTime, Zoom or in-person. Email 6bridgesgallery@gmail.com to schedule an appointment.

Gift Certificates

Give the joy of art and fine craft! Gift certificates available instore and online. Choose instore pickup or delivery via email or USPS. 6bridges.gallery/shop/

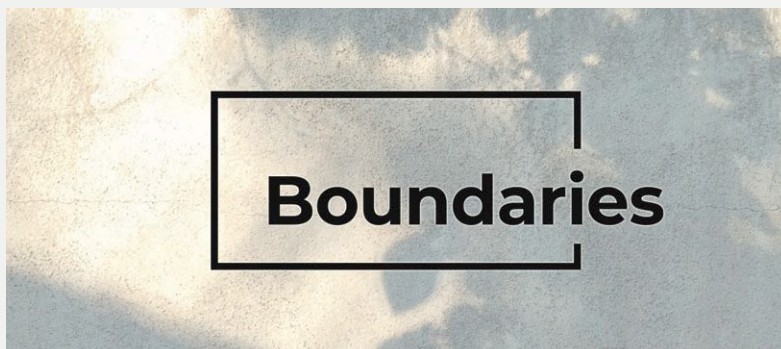
All purchases support local artists and your local economy.



Graffiti

Photographs by Roy DiTosti

May 11 – June 18, 2022 | Reception June 4, 5:00 – 7:00 pm
6bridges.gallery/Graffiti



Our 6th Annual Juried Exhibit

June 22 – August 13, 2022 | Reception June 25, Time TBD
6bridges.gallery/Boundaries



Maynard RISE Jazz Fest | June 25th 12pm-5pm

Maynard Cultural Council is excited to announce the first annual Maynard Jazz Fest! The Maynard Jazz Fest will offer a beautiful outdoor experience in the heart of Maynard's downtown. Join us June 25th, 2022 and experience music from a large variety of jazz artists. The festival will begin at 12pm with the Maynard High School jazz band, followed by Maynard's own Blueprint Jazz Club at 12:45pm. At 2pm we welcome Boston's BT ALC Big Band, and our headliner - NYC's Adam Birnbaum Trio - will finish off the festival at 3:30pm. Feel free to come and go as you please, enjoying Maynard's buzzing downtown in the summer air.



Middlesex Savings Bank will be having a Shredfest June 18th from 9-12 at their new location at 7 Digital Way. This service is offered by the bank to all and at no cost!

We all know how important managing our personal information has become in this age of potential identity theft and shredding no longer needed paperwork is one way to guard that information.

The **Friends of Maynard Seniors** want to help out. We will be offering rides to the event if you want to go in-person but need transportation, or we will pick up your bagged documents to bring to the shredder. Start gathering your outdated paperwork now and place in a paper grocery bag. That morning a volunteer will give you a ride if you need one, or will pick up your bag of paperwork, and deliver to the Middlesex Shredfest.

Please let us know if you will need either a ride or paperwork pick-up as we need to line up volunteer drivers. Linda Cetrone is coordinating this and can be reached at 978-897-7483, or you can call the Maynard Council on Aging at 978-897-1009.



Maynard Farmers Market 2022 Season

The Maynard Farmers Market will be returning to the Mill Pond parking lot for the Summer 2022 season, and we are hoping to see you there.

The Market is open from 9 am to 1 pm each Saturday from June 25th through September 24th, with a wide selection of fresh produce, artisanal goods and snacks from vendors such as Applefield Farm, Balance Rock Farm, Brigham Farm, Hudson Hives, Cookie Lady Treats and many more.

Good food, friendly faces and fresh air. What's not to like? See you at the Market!

The Taste

In Motion

June 5, 2022 • 2 PM-5 PM

Maynard Education Foundation (MEF) Invites you to The Taste In Motion!

The Taste In Motion - is an around-the-town sampling experience on Sunday, June 5th from 2-5pm. Meet us in the Mill & Main parking lot to pick up your wristband and enjoy some great music before you start eating your way around downtown. With a map in hand, explore our local eateries, sampling their foods, checking out their menus, and meeting the dedicated owners & staff. Vote on your favorites to show your support. Don't forget to check out all of the raffle prizes available at the MEF tent in the Mill & Main parking lot and listen to music from Ben Houdek. Free raffle tickets are available for those that purchase tickets in advance!

This event is made possible by our sponsors, the restaurants, and folks like you who donate to MEF. Proceeds benefit MEF's grant program that funds new learning opportunities in the Maynard Public Schools.

When: Sunday, June 5th, 2 - 5 pm.

Where: Mill and Main parking lot, Main Street

Tickets: \$20 adults; \$10 Kids (2 - 12); Under age 2 free

Purchase tickets at www.maynardeducation.org

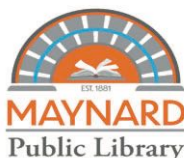
Planning for Retirement Workshop with John Foley

Tuesday, June 7th @ 7pm
In-Person Presentation
Maynard Public Library



New England Investment & Retirement Group, Inc.

John Foley, CFP, from New England Investment & Retirement Group is hosting an event to highlight risks posed to retirees, pertaining to six areas of financial planning: retirement & income planning, investing, medical insurance, taxation, college education planning, and estate planning.



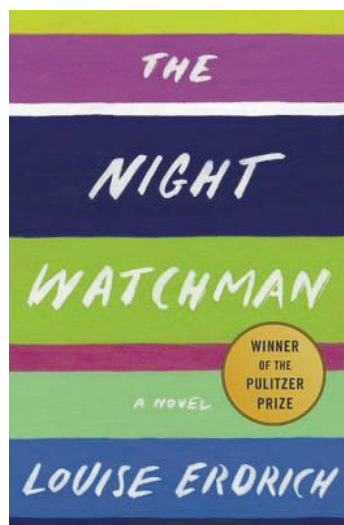
We will identify key risks and answer your specific financial planning questions.

Please sign up at www.maynardpubliclibrary.org/calendar or call the Reference Desk at 978-897-1010 x103.

Book Mill Discussion Group

Tues, June 21 @ 7pm

Hybrid, In-Person and Zoom Options



The Night Watchman

by Louise Erdrich

Join the Book Mill Discussion Group to talk about this month's book!

All are welcome.
Books are available through the Library.

Contact
sthurston@minlib.net
or 978-897-1010 to receive the Zoom link.



This program is sponsored by the Belmont Public Library and the Maynard Public Library, along with eight other Massachusetts libraries.

THE HISTORY OF JUNETEENTH

WITH DR. KELLIE CARTER JACKSON
THURSDAY, JUNE 16 @ 7:00 PM

Via Zoom

Register at <https://tinyurl.com/MPLJuneteenth>

On June 19, 1865, three years after the Emancipation Proclamation, a Union general landed at Galveston, Texas with news that the war was over and the enslaved were now free. Learn the various ways Black communities have created traditions, parades and recipes, and cultivated the joy of emancipation and freedom. Juneteenth is a holiday all Americans should celebrate by acknowledging the pain and harm of slavery as well as that joy.



Dr. Kellie Carter Jackson is the co-editor of *Reconsidering Roots: Race, Politics, & Memory* and an associate professor in the department of Africana Studies at Wellesley College.

Announcing...

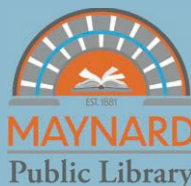


Summer



Saturday
hours at
the library!

10:00am-2:00pm
July 9-August 27



77 Nason Street
maynardpubliclibrary.org

MAYNARD PUBLIC LIBRARY

SATURDAY, JUNE 18

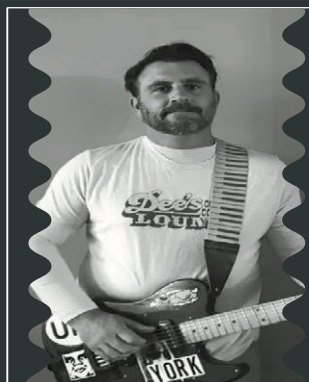
10:00 – 4:00



SPRING BOOK SALE

Stock up now for all your summer reading!
Hundreds of books and DVDs for all ages.
All items cost \$2 or less!

Friends of the Maynard Public Library 77 Nason Street



11 JUNE
2022

MATT YORK

IN
CONCERT

1:00 PM

Library Patio

THE HIGHWAYMEN

New England singer/songwriter Matt York will perform the songs of Johnny Cash, Willie Nelson, Kris Kristofferson, and Waylon Jennings.



MAYNARD
Public Library



Culturally Curious



**Keith Haring:
AIDS, Advocacy and Art**

Monday, June 13 at 7 PM via Zoom

In celebration of LGBTQ+ Pride Month

During his short life, Keith Haring had a meteoric rise from graffiti artist to the world of fine art to mainstream success. His iconic figures still function as familiar and beloved symbols in American culture. Learn more about the artist, the launch of his career and his advocacy around AIDS awareness.

Find out more and register at <https://www.maynardpubliclibrary.org/art-talks>

Co-sponsored by the Friends of the Maynard Library and the Randall Library Friends



About the presenter:

Jane Oneal curates and delivers art appreciation programs to audiences throughout New England. Jane holds Master's degrees in Art History from Boston University and in Education from Harvard University. Jane has also taught at the college level for more than a decade, most recently at Southern New Hampshire University.

Needle Felt a Beach Scene with Pop Up Art School



POP UP
ART SCHOOL



Watch and learn
at your leisure!

OR join a Crafting
Party at the
library on
Saturday, July 9

Ages 13+

Paint a summer beach scene with wool. Needle felting on an embroidery hoop is surprisingly easy, relaxing and fun! Learn how with a video from Pop Up Art School. The kit contains all the supplies needed except scissors.

Kits available on June 18. Video available until July 17.



MAYNARD
Public Library

Register for a kit at
[maynardpubliclibrary.org/
take-n-make](https://www.maynardpubliclibrary.org/take-n-make)

Spice up Your Summer!

Maynard Library Spice Club

CUMIN



Are you bored with all of your usual meals? Would you like some inspiration for trying new recipes and flavors?

Spice up your June cooking with cumin! Cumin is found as ground powder and seeds. It is used in Latin American, Middle Eastern, North African, and Indian cuisines to add warmth and earthiness to a variety of dishes.

Kits available June 6

Pick up a kit with spice samples and recipes, then cook. Share your results on social media and, if you'd like, share your dish with other cooks while we discuss what we made.



June Spice Club Discussion

Thursday, June 23
7:00 pm, In Person

www.maynardpubliclibrary.org/spice
[#maynardspiceclub](https://www.instagram.com/maynardspiceclub)

June Programs

GRAB AND GO LUNCHEONS



Wednesday, June 8th

Sweet and Sour Chicken, Rice, Vegetable, Salad, Roll and Dessert

Please call the COA to reserve your meal by June 3rd.

Wednesday, June 22nd

Hot dog, Cheeseburger, French Fries, Coleslaw, and Dessert

Please call the COA to reserve your meal by June 17th.

Pick-up your meal at the Maynard Elks parking lot at 12 noon.

Cost \$5.00

COA Zoom Fitness Classes

Yoga & Stretch with Rebecca • Tuesdays at 9am

Maynard COA instructor Rebecca Reber will lead you through a series of yoga poses and stretches while you are seated on a chair. Safely build strength and stability and enjoy guided meditation to reduce stress and anxiety. This is Zoom class which allows you to see and interact with other Maynard seniors. Please call the COA at (978) 897-1009 or email Amy Loveless directly at aloveless@townofmaynard.net to sign up.

Zumba Gold • Wednesdays at 9:00am

Zumba Gold is a low impact, fun dance-fitness with international music including oldies you like. This class will be taught by Yachun Lin who is an AFAA certified group fitness instructor. We focus on building strength, cardiovascular health, balance, coordination, and flexibility. Please call the COA at (978) 897-1009 or email Amy Loveless directly at aloveless@townofmaynard.net to sign up.

Zumba Toning Mondays at 9:00am

This seated Zumba Gold Toning class taught by Yachun Lin is for everyone who wants to improve their endurance, strength and joint mobility by using a pair of light weights while sitting on a chair.

Weights. Please prepare two 1 lb. dumbbells or two 16.9oz bottled water. (It's okay if you don't want to use weights though).

This is a 45-minute class. Please contact the COA if you have any questions or would like to sign up.

MOVIES

Join us at the COA for a movie and some fun. Come escape the heat, enjoy coffee, snacks, ice cream, and laughs with friends.
Please call and sign up in advance to reserve your seat.

Friday, May 27th 12:30 p.m.

Wild Mountain Thyme

In this romantic comedy, starring Emily Blunt, Christopher Walken and Jamie Dornan, a headstrong farmer has her heart set on winning the love of her oblivious neighbor. Rated PG13.

Friday, June 3rd 11 a.m.

Greenland

Gerard Butler stars in this film about a family who fights for survival as a planet-killing comet races towards Earth. They battle increasing panic and lawlessness as the countdown to global apocalypse approaches zero. Rated PG13.

Friday, June 10th 12:30 p.m.

Maiden

This film is an incredible true story about the Whitbread Round the World Race, considered the most dangerous sailing competition on earth, and the first all-female crew to compete. Rated PG.

Friday, June 17th 12:30 p.m.

True Grit

This western drama, starring Jeff Bridges, Matt Damon and Hailee Steinfeld, is the story of a stubborn teenager who enlists the help of a tough U.S. Marshal to track down her father's murderer. Rated PG13.

Friday, June 24th 12:30 p.m.

Respect

Following the rise of Aretha Franklin's career from a child singing in her father's church's choir to her international superstardom, *RESPECT* is the remarkable true story of the music icon's journey to find her voice. Starring Jennifer Hudson. Rated PG13.

Friday, July 1st 12:30 p.m.

Respect

Based on the beloved best-selling novel, *A Dog's Way Home* chronicles the heartwarming adventure of Bella, a devoted dog who embarks on an epic 400-mile journey home after she is separated from her beloved human. Rated PG.

Classic Comedy Programs

Please call and sign up in advance to reserve your seat.



Thursday, June 9th

12:30 p.m.

I Love Lucy

Thursday, June 16th

12:30 p.m.

The Dick Van Dyke Show

Thursday, June 23rd

12:30 p.m.

The Honeymooners

Thursday, June 30th

12:30 p.m.

The Best of Barney



Maynard Council on Aging—Policies and Procedures

Effective April 1, 2022, face-coverings (masks) are optional in Town Offices, which includes the Council on Aging. The Maynard Board of Health guidance advises that fully vaccinated individuals should wear a mask or face covering when indoors for certain reasons. See page 10 of this newsletter.

Hybrid Option for Fitness Classes

If you are interested in participating in our fitness classes, we are able to stream (show them on the COA's TV) them at the COA. Please contact Amy to sign up.

June Classes and Activities

The COA will be closed on Monday, June 20th in observance of Juneteenth and Monday, July 4th in observance of Independence Day.

Monday

Zumba Toning (ZOOM)	9:00
Knitting & Crocheting	9:00
Drop-In*	9:00
Tech Savvy Students' Support – June 13	10:30-12:00
Bingo (note time change)	10:30-12:30

Tuesday

Yoga & Stretch (ZOOM)	9:00
Do-It-Yourself (DIY) Crafts	9:00
Drop-In*	9:00
Book Club June 28 (ZOOM)	11:00
Drop-In*	1:00

Wednesday

Zumba Gold (ZOOM)	9:00
Drop-In*	9:00
Grab-n-Go's – June 8 & 22	12:00 @ the Elks
Drop-In*	1:00

Thursday

Nature/Travel Series	9:00
Drop-In*	9:00
Classic Comedy	12:30
Drop-In*	1:00

Friday

Drop-In*	9:00
Movies (note time change)	12:30-2:30
Drop-In*	1:00

Assabet Valley Regional Technical High School's Tech Savvy students

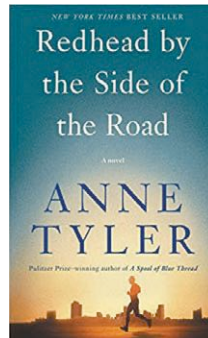
will be coming to the COA on Monday, June 13 from 10:30 to 12:00 noon

Bring your iPad, tablet, or cellphone and have an opportunity to ask questions and find solutions to those pesky "tech issues."

This is a MUST sign up!

Maynard COA Book Group 2022

**Tuesday, June 28
11:00 am via Zoom**



Join us for a discussion of *Redhead by the Side of the Road*. From the beloved Pulitzer Prize-winning author Anne Tyler, this book is a sparkling novel about misperception, second chances, and the sometimes elusive power of human connection.

Call the COA to receive the Zoom link.

All seniors are welcome!

The group meets on the last Tuesday of the month.

Maynard Council on Aging • 50 Brown St • 978-897-1009

Do-It-Yourself (DIY) Craft Kits

Beeswax Candles • Felted Succulents • Mosaic Art Bracelets • Stained Glass Window Clings • Flower Frames And more!

*Drop-In Options:

Adult Coloring • Board Games • Cards
Puzzles • Knitting • Crafts

Bring your own device or use a COA tablet (Chromebooks or iPad) to catch up on the latest news, check your emails, play a game or search for a project.

The COA has a tablet lending program – please speak to Amy if you are interested.

MARK'S MAGICAL MYSTERY TOURS ARE BACK!!

Thursday, June 9 & Thursday, June 16h

Please join us for one of Mark's famous mystery tours! Hop on the COA van, enjoy some conversation and laughs with friends, and view some special scenery along the way. Please bring your own money for lunch. Trip cost is \$2.00. Pick-up time begins at 10:30 a.m.



Effective April 1, please contact the Council on Aging to make a reservation!

Maynard Council on Aging Van Service

To make a reservation call the Maynard Council on Aging at (978) 897-1009

The Council on Aging van operates five days a week from 7:00 a.m. to 3:00 p.m., providing transportation to essential services such as health care providers, dentists, pharmacies, banks, hair salons and grocery stores. Residents over the age of 60 and individuals with disabilities of any age may use the van. If a rider is handicapped in any way, please let the Council on Aging know so that accommodations can be made. **Riders must continue to use hand sanitizer and wear a mask at all times when on the van.**

Reservations MUST be made 48 hours in advance. If you need to CANCEL your reservation it should be done at least 24 hours in advance.

No reservation is complete until it is verbally confirmed with Pat or Amy. Leaving a message requesting a ride does not confirm your reservation.

Riders should be ready an hour in advance of their appointment time to accommodate multiple passenger pickups. The van will wait no longer than 5 minutes for a passenger to emerge. On very busy days the van can get behind schedule whether due to traffic, a delay in a rider being ready for pickup, and other factors not under the driver's control. Delays most often occur with multiple medical appointments in the same time frame for pickup and drop off. If a rider is requesting more than one destination per ride, it must be communicated at the time the reservation is made. The COA van driver will not make any stops that are not on the schedule.

The Council on Aging expects riders to treat the van drivers, COA staff, and other passengers with respect. No rude or intimidating language will be tolerated. Riders are not to engage in conduct which delays or disrupts the transportation service. As well, if the van driver feels there are risk factors (poor mobility, impaired judgement, intoxication) in attempting to transport a rider, the driver may decide not to transport the rider. In some cases, 911 may be called.

The Council on Aging has resumed its \$2.00 donation per ride.

Please contact the Council on Aging at (978) 897-1009 for questions.

Advisory Regarding Face Coverings

Consistent with Massachusetts Department of Public Health and CDC recommendations, The Board of Health for the Town of Maynard urges all eligible residents to get vaccinated and stay up to date on COVID vaccinations, including when eligible for booster doses. Vaccination remains the most effective protection against serious illness, hospitalization, and death.

The Board of Health advises that a fully vaccinated person should wear a mask or face covering when indoors (and not in your own home) if you have a weakened immune system, or if you are at increased risk for severe disease because of your age or an underlying medical condition, or if someone in your household has a weakened immune system, is at increased risk for severe disease or is unvaccinated.

As a reminder, there are multiple conditions that may put someone at higher risk for severe disease; information on those conditions can be found on the Centers for Disease Control and Preventions website. Your primary care physician can advise you on whether you are at increased risk.

For individuals who are not fully vaccinated, it is important that you continue to wear a face covering or mask to help prevent you from spreading COVID-19 to other people.

Individuals who are considered close contacts or who have tested positive must follow the isolation and quarantine guidance, which includes wearing a mask in public for 5 more days after they leave isolation or quarantine on day 5, regardless of vaccination status.

This advisory may change based on public health data and further guidance from the CDC.

Information concerning mask use may be found at Massachusetts Department of Public Health and CDC.



The Sudbury Senior Center Presents!
Encore Boston Casino!
 <<> June 14, 2022 (Tuesday) <>>



9:00 AM Depart today from the Sudbury Senior Center, 40 Fairbank Road, on your luxury Silver Fox Coach. Travel with your friends to New England's newest and most extravagant showcase, The Encore Boston Casino. With world class art and entertainment, Encore raises the bar! You'll receive a Casino Bonus of \$20.00 Slot Play on arrival. Good luck to all! You'll depart at 3:00 PM and return home to Sudbury at about 4:00 PM after a fantastic trip with your friends to Encore Boston.

Tour Cost: \$35.00 Per Person Please Make Check To: 'Fox Tours'

Tour Date: June 14, 2022 (Tuesday)

Tour Includes: \$20 Slot Play Per Person & Luxury Silver Fox Coach
For Reservations, Please Contact: Sudbury Senior Trips at 978-443-3055

Important: Fox Tours is strongly recommending that passengers have the Covid-19 vaccine to promote both group safety and well-being Thank you for your understanding and cooperation!

Encore! Boston's Best Bet!

Greetings from the Maynard Fire Department!

As seems to be the case in recent years, we have jumped directly from winter to a week of spring and straight into summer heat! It is certainly welcome. As you connect air conditioners and fans, please be sure to plug them directly into the wall outlets. The use of extension cords with an appliance like an air conditioner can lead to a fire.



This time each year I like to remind people of the importance of updating their medical history forms at their home. We recommend having a list of medical problems, medications for those problems, and any allergies you may have readily available in case of emergency. These pieces of information are collected if an ambulance is ever needed, and it can make a difference in how well the EMTs and paramedics can treat you. If you would like to get Maynard's version of this form, please let me know.

Another thing you can do to prepare for an emergency is having a way to access your home for first responders. In Maynard there are several options. You could hide a key around your house and notify the police department of the location. This will be logged on the property record for the emergency dispatchers to use in case access is needed. Lock boxes are also a simple way to place a key and the code can be given to the police department for the dispatchers as well. Another option is called a Knox box. This is a lock box installed on the home that can hold your keys. The lock box is only keyed to your local fire department, so it can only be opened by firefighters during an emergency. We even have a few of these that can be rented for temporary situations like short term health and mobility changes. Please let me know if you would like more information.

We hope to see you around Town this summer. Please do not hesitate to reach out with any concerns.

Stay Safe and Stay Hydrated
Captain Mike Parr
 Captain, Training Officer and SAFE Coordinator
 Maynard Fire Department
 1 Summer Street, Maynard, MA 01754
 978-897-1014
 mparr@townofmaynard.net



The Fire Department is offering **free home safety visits** now to evaluate your protective devices & possible hazards in the home.

E-mail Captain Michael Parr at
 mparr@townofmaynard.net
 to schedule your visit or
 call 978-897-1014
 Virtual visits available.

Learn About:

- | | |
|--------------------|--------------------|
| Smoke Alarms | Trip Hazards |
| CO Alarms | Medication Storage |
| Home Escape Plans | Fire Extinguishers |
| Cooking Safety | CPR |
| Electrical hazards | Child Fire Safety |
| 9-1-1 | Your Questions |

Made possible by a grant
SAFE
 Senior Citizens' Association of the Greater Boston Area

COVID-19 RESOURCES

Get free at-home COVID-19 tests

Every home in the U.S. is eligible to order #4 free at-home COVID-19 tests. The tests are completely free. Orders will usually ship in 7-12 days.

Order your tests now so you have them when you need them.
<https://www.covidtests.gov/>

Find a COVID-19 Test

Testing for Coronavirus Disease 2019 (COVID-19) is widely available in Massachusetts. Find a testing location near you.
<https://www.mass.gov/info-details/find-a-covid-19-test>

COVID-19 Vaccine Resource Line

For individuals who are unable to use Vaxfinder, or have difficulty accessing the internet, the COVID-19 Vaccine Resource Line can help schedule appointments by calling 2-1-1 and following the prompts for assistance (Monday to Friday from 8:30 AM to 6:00 PM, Saturday and Sunday 9:00 AM to 2:00 PM). The COVID-19 Vaccine Resource Line is available in English and Spanish and has translators available in approximately 100 additional languages.

In-home COVID-19 Vaccine Boosters

For individuals who cannot reasonably leave their homes, call (833) 983-0485 to arrange for an in-home booster. Callers will immediately be assessed for in-home vaccination need, registered, and scheduled. Appointments can generally be made within two weeks from the scheduling call.

FILE OF LIFE

KEEP INFORMATION UP TO DATE !!
Review At Least Every Six Months !

MEDICAL DATA REVIEWED AS OF MO. YR.
 Name: _____
 Address: _____
 Doctor: _____ Phone #: _____
 Preferred Hospital: _____

EMERGENCY CONTACTS

Name: _____ Phone #: _____
 Address: _____
 Name: _____ Phone #: _____

Your latest medical information – including allergies, medications, contact persons and more – all in one safe place. Recognized and Endorsed by Hospitals, EMTs, COAs, TRIAD's, Municipal, Medical, Senior Citizen Organizations, Police, Sheriff's, and Fire Departments.

Please contact the Council on Aging if you would like one mailed to you! Refrigerator and wallet/purse sizes available.

Senior Citizens Parking Permit



The Maynard Police Department is introducing a new senior parking permit. The redesigned permits are intended to be bolder and more easily identified by our Parking Enforcement Official. Additionally, we will be issuing instructions for the new placement location of the permit. We ask for your assistance in having your parking permits replaced so that we can avoid any future difficulties in locating them.

You may come to the Maynard Police Department at any time, and a Public Safety Dispatcher can issue you a new permit. Please bring your vehicle registration so that we can record those details. Thank you for your cooperation as we revamp this program available to our senior citizens.

Maynard Open Space and Trails Map

The Maynard Conservation Commission is pleased to make these maps of our open space and public trails in Maynard.

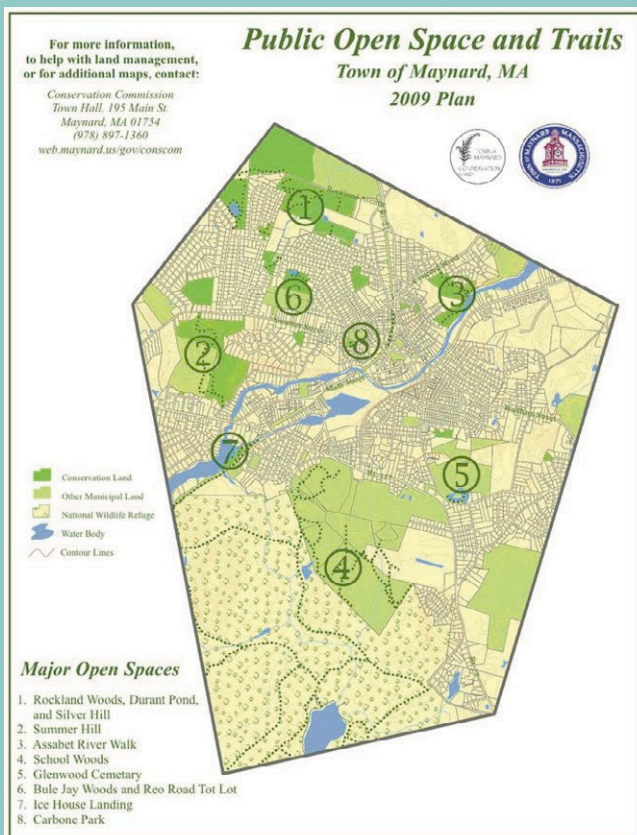
Maynard is one of the most densely populated towns in the area, which makes its parks and public lands very precious.

As residential development continues, privately owned trails disappear, making our publicly owned trails even more important to preserve and enjoy. We hope you will get acquainted with and appreciate the beauty of the backwoods of Maynard.

If you are visiting Maynard, or are considering moving to our town, please take the opportunity to visit our trails and community open space. These areas are dispersed throughout the town, and provide a nice opportunity to connect with nature or just a little quiet room for a little exercise. We hope you enjoy your visit some special places in Maynard.

Several of the trails can be linked together for an interesting mountain bike ride, even if you are passing through to another location. Through both the School Woods and Rockland Ave trails, one can get to trails in Acton, Stow or Sudbury.

Go to: <https://www.townofmaynard-ma.gov/resources/trails/>



Starting May 28

You Can Ride an Adaptive Cycle on the Bruce Freeman Rail Trail!

The Acton Recreation Department has acquired three new adaptive cycles for people to ride on the rail trail, starting from Nara Park. Two of them are for adults. Acton residents can ride them for free and out-of-towners can ride them for a rental fee of \$5.



If you can't ride a two-wheeled bike for any reason, a trike might be a great fit for you. Try a trike with foot pedals or a trike that you pedal with your hands.

Just show up at the snack bar at Nara Park and ask the staff for a cycle to borrow or rent. See you on the rail trail!!!

MAIN STREET & THE MILL

HISTORIC WALKING TOUR #1

DISTANCE: 2 miles
TIME: 1 - 1 1/4 hours

ASSABET VILLAGE

HISTORIC WALKING TOUR #2

DISTANCE: 2 miles
TIME: 1 - 1 1/4 hours

NEW VILLAGE & MAYNARD'S HILL

HISTORIC WALKING TOUR #3

DISTANCE: 1.9 miles
TIME: 1 - 1 1/2 hours

GREAT ROAD

HISTORIC WALKING TOUR #4

GREAT ROAD—WEST
DISTANCE: 2 miles
TIME: 1 1/2 hours

GREAT ROAD—EAST
DISTANCE: 2.25 miles
TIME: 2 1/4 hours

ASSABET RIVER NATIONAL WILDLIFE REFUGE

HISTORIC WALKING TOUR #5

WALK
MAYNARD

Produced by the Maynard Historical Commission and made available through a generous grant from the Maynard Cultural Council, five walking tours of Maynard were announced by the commission at the Maynard Historical Society meeting on March 26, 2012. The 6th and final tour was added in the Spring of 2015.

Created by Historical Commission member Peg Brown these tours provide a great way to get outside while learning about the history of our town.

<https://www.townofmaynard-ma.gov/resources/walkmaynard>

Printed brochures are available at Town Hall, the Maynard Public Library, and the Senior Center



Join our welcoming, supportive group for family and friends caring for loved ones!

Share experiences, challenges, and advice with others caring for older adults in this confidential and supportive virtual setting.



Virtual Caregiver Support Group

Details:

- Meets the second Tuesday of every month from 2:00-3:00PM
- No cost, group size limited

To register or with questions, contact us at (781) 221-7079 or K.Sullivan@MinutemanSenior.org

Minuteman
SENIOR SERVICES



www.MinutemanSenior.org

Caregivers from all communities welcome

Minuteman Senior Services – Know Us Before You Need Us!

As a non-profit agency serving 16 communities, we are passionate about our mission to empower and advocate for those impacted by aging and disability. We offer information and supportive services that enhance health, well-being and independence. We provide up-to-date resource information and referrals to community services, care management and in-home care, Meals on Wheels and congregate dining, elder protective services, assistance with budgeting and bill-paying, Medicare benefits counseling, caregiver support and much more. Many of our services are free of charge, others are available on a sliding fee or private pay basis. We want you to know us before you need us and when you need some help, just contact us at 888-222-6171 or elderinfo@minutemansenior.org. Additional info on www.minutemansenior.org

You Can Make A Real Difference!

We are looking for volunteer Meals on Wheels Drivers and Money Management Bill Payers!

Are you free from 11am to 1pm on weekdays to help deliver meals to homebound seniors once a week? Or are you available 6-8 hours/month to help seniors or people with disabilities sort mail and organize bills for payment? If you are interested or have questions, please contact our Volunteer Coordinator, Yuen Li at volunteer@minutemansenior.org or call 781-221-7093.

Virtual Caregiver Support Group



Caring for an older loved one? Feeling stressed? Overwhelmed? Looking for a place to vent and share ideas with others in a similar situation?

Join us for a virtual, monthly caregiver support group

Date: First Tuesday of every month
Time: 5:30 pm – 6:30 pm
Location: Virtually on Zoom

To sign-up or for more information call Sharon Gunda, LCSW at 781-698-4851 or Email sgunda@lexingtonma.gov



Town of
Lexington
Massachusetts



Minuteman
SENIOR SERVICES

This project is supported by a grant from the Dana Home Foundation

SHINE Spotlight

(Serving the Health Insurance Needs of Elders)

June 2022

Q: I am 66 years old, not married and my income is \$105,000 a year. Does Medicare have income limits, could I be required to pay more based on my income?

A: Medicare beneficiaries with incomes above a certain threshold are charged higher premiums for Medicare Part B and Part D. The premium surcharge is called an Income-Related Monthly Adjustment Amount, or IRMAA.

In 2022, IRMAA surcharges apply to individual Medicare beneficiaries who earn more than \$91,000, and to couples who earn more than \$182,000. For you your Part B the premium would increase from \$170.10 to \$238.10, people with higher incomes will potentially have even higher premiums. Your Part D would have a monthly increase of \$12.40 above the normal Part D premium.

The IRMAA looks back at 2 years of your returns. Keep in mind that there's an appeals process people can use if they have experienced a life change that has reduced their income since that time.

This is just an overview of possible surcharges, to get additional guidance and information contact Medicare (1-800-MEDICARE) or set up an appointment with a SHINE counselor by calling the Maynard Council on Aging (978) 897-1009



REP. KATE HOGAN'S SENIOR NEWS

MAY 2022

An Age-Friendly Commonwealth

Across the nation and around the globe, a major demographic shift is taking place. Adults aged 65 and over outnumber children under five among the global population. For the first time in the history of our country, the population over age 60 is growing faster than the population under age 18. This has significant implications for how we live and work.

Here in Massachusetts, many leaders are already using an age-friendly lens to promote healthy aging and enhance life for all residents.

Those efforts are guided by the Governor's Council to Address Aging, which was convened in 2017 by Governor Baker and has released a blueprint and recommendations for an age-friendly Massachusetts. The Council has five workgroups focused on providing recommendations on specific topics: Housing, Transportation, Caregiving, Employment, Innovation and Technology.

Massachusetts was also the second state to join AARP's Network of Age-Friendly States and Communities, a network initiated by the World Health Organization to address the world's population growth of those over 60.

The AARP age-friendly designation lists 8 domains of livability to make a community more livable for people of all ages: outdoor spaces and buildings, transportation, housing, social participation, respect and social inclusion, work and civic engagement, communication and information, and community and health services.

Here in the Third Middlesex District, Bolton, Hudson, Maynard and Stow have been designated as active age-friendly communities by the Massachusetts Healthy Aging Collaborative.

Recently, the Age Friendly-Institute designated the Commonwealth of Massachusetts as a certified age-friendly employer, the first state government in the nation to earn this distinction. The "age-friendly" designation describes environments that promote access to services and opportunities for people as they age, and that prioritize the inclusion and participation of older adults in all aspects of life.

I'm proud of the Commonwealth's efforts to support older adults like you. When we help older people continue to live, work, and volunteer in our communities, we all benefit from your energy, experience, and contributions.

Kate Hogan, State Representative

Proudly represents Bolton, Hudson, Maynard, and Stow

Contact Rep. Hogan:

State Representative Kate Hogan proudly represents the Third Middlesex District, which includes the towns of Bolton, Hudson, Maynard, and Stow.

Phone: (617) 722-2600 Email: Kate.Hogan@MAhouse.gov

Facebook: facebook.com/RepKateHogan

Twitter: [@repkatehogan](https://twitter.com/repkatehogan)

District Office: Maynard Town Hall, 195 Main Street, Maynard, MA 01754 / Phone: (978) 897-1333

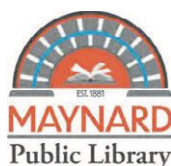
Upcoming Office Hours: June 7, 6-7 pm at Hudson Public Library in the Tavares Room

ArtSpace at the MPL

An exhibit by over
twenty ArtSpace
artists, on view at
the Maynard Public
Library's Roosevelt
Room.

Through June 30, 2022
Maynard Public Library
77 Nason Street

Library hours @ www.maynardpubliclibrary.org



Joyce McJilton Dwyer, *Rock in the Woods I*, Watercolor



Gwen Murphy, *Nod*, Acrylic on Panel



Judith Jaffe, *As the World Turns*, Oil & egg tempera